

Individual Best Times (All Time)

Lauren Askew - (1218268) - Atlantis Swimming Club - 200 Breaststroke - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:56.99	439	F	18/03/23	RTW Monson SC Spring Meet (Regional Chaser) 2023	Tunbridge Wells		3
2:59.20	423	F	11/09/23	Atlantis Club Champs 2023	Horsham		4
3:00.20	416	F	26/06/22	Atlantis SC Summer Splash 2022	Horsham		3
3:00.48	414	F	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley		2
3:00.71	412	F	16/10/22	Dorking SC 200m Club Championships 2022	Dorking		4
3:02.68	399	F	16/01/22	Cranleigh ASC Jan 2022 Invitational Closed Meet	Cranleigh		3
3:06.34	376	F	17/10/21	Dorking SC Club Championships 2021	Dorking		4
3:07.55	369	F	04/12/21	Guildford City SC County Qualifier	Spectrum LC		3
3:13.42	336	F	10/10/21	Cranleigh ASC Oct 2021 Open Meet	Cranleigh		3
3:24.12	286	F	15/03/20	Cranleigh ASC March 2020 Open Meet	Cranleigh	Dorking	3
3:32.22	254	F	03/03/19	Cranleigh ASC Summer Meet	Cranleigh	Dorking	3
3:33.00	252	F	07/10/18	Dorking Long Distance Club Championships 2018	Dorking	Dorking	4
3:38.22	234	F	15/04/18	Surrey Age Group Summer Meet 2018	Guildford Spectrum	Dorking	3
3:39.32	230	F	25/11/18	Atlantis Christmas Cracker 2018	Horsham	Dorking	3
3:42.66	220	F	10/06/18	Cranleigh ASC Summer Meet	Cranleigh	Dorking	3
3:50.50	198	F	15/10/17	Dorking Swimming Club Long Distance Club Champs	Dorking	Dorking	4
4:26.40	128	F	06/10/16	Dorking Swimming Club Long Distance Club Champs	Dorking	Dorking	4

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